

Unit Four

Vocabulary

Taking care of ourselves

الاهتمام بالنفس

add	يضيف - يجمع	activities	انشطه	according to	بالتسببه ل
order	يفر - اموز	time-management	اداره الوقت	resilience	المرونه
well-being	رفاهيه - سعادته	mental	عقلي	health problems	مشاكل صحيه
burnout	الاجهاد الجسدي والنفسي	exhausted	مجهد	Cope with	يتواكب مع
promote	ينمي - يرقى	self-care	العنايه بالنفس	stress	توتر
emotions	عواطف	scared	مرعوب - مفزوع	take care of	يعتني ب
avoid + ing	يتجنب	pressure	الضغط	result	نتيجه
skills	مهارات	danger	خطر	headaches	صداع
pain	الم	shoulders	اكتاف	back	الظهر
Mental health	حاله نفسيه	responsibility	مسئوليته	behaviour	سلوك
physical health	الصحة البدنيه	suffer from	يعاني من	Tips	نصائح - بقشيش
category	فئه - طبقه - صنف	urgent	عاجل	stretch	يمد - يتمدد
basis	اساس	endorphins	اندرورفين	caffeine	كافيين
technique	طريقه - اسلوب	period	فتره - جنسه	energy	الطاقه
experience	يعاني من - يجرب	system	نظام	suppose	افترض
alter	يغير	clear off	يفانر	frown	يتجهم / عبوس
pout	يبوز / استياء	scold	يويخ / يعنف	suppose	يفترض
consider	يعتبر	connection	ربط - صله	poem	قصيده
partner	شريك - يشارك	frustrate	يحبط	concentrate on	يركز علي
focus on	يركز علي	memos	مذكرات	identify	يتعرف علي
teenagers	مراهقين	revision	مراجعه	counsellor	مستشار
priority	افضليه - اولويه - تقدم	pressure	ضغط	factors	عوامل
position	مكانه - وضع	demonstrate	يوضح - يتظاهر	external	خارجي
perceive	يدرك - يفهم	shoulders	اكتاف	brainstorm	عصف ذهني - استشاره
please	يسعد	creation	لق - ابداع	signs	اشارات
routine	نظام يومي	suffer from	يعاني من	Tips	نصائح - بقشيش
substance	ماده	urgent	عاجل	stretch	يمد - يتمدد
trust	يثق	criticize	ينقد	eyebrow	حاجب
notice	يلاحظ	seem to	يبدو	normal	طبيعي
cope with	يتواكب مع	reasons	اسباب	get together	يتقابل
marks	علامات - درجات - صحح	join	ينضم الي	upload	يحمل علي النت
set up	يؤسس	news	اخبار	anxious	قلق
calm down	يهدئ	athletics	العب القوي	events	احداث
interview	مقابله	specific	محدد	reaction	رد فعل
a poem	قصيده	social media	التواصل الاجتماعي	wet	مبلل
remain	يبقي	positive	ايجابي	negative	سلبي

Definitions

burnout	a situation where you can't do anything because you're so tired and stressed.	الاجهاد الجسدي والنفسي
well-being	1-how good you feel in your body and how happy you are 2-a contented state of being happy, healthy and prosperous	رفاهيه - سعادته
mental health	how a person thinks and the emotions they feel.	الحاله النفسيه
self-care	taking care of your body and how you feel.	العنايه بالنفس
time management	organizing when you do things and for how long.	اداره الوقت
cope	to deal successfully with difficult situations.	يتواكب مع
stress	a feeling of being very worried and scared about your life.	توتر
promote	Support and encourage the development of something	ينمي - يرقى - يترقى
scold	To criticize someone angrily about smething they have done	يوبخ / يعنف
frown	To make an angry, unhappy, confused expression, moving your eyebrows	يتجهم / عبوس
pout	To push out your lower lip because you are annoyed or unhappy.	يبوز / استياء
suppose	Yu think something is true although you are uncertain about it.	يفترض
alter	To change	يغير
teenager	Someone who is between 13 and 19 years old.	مراهق
counsellor	Someone whose job is to help and support people.	مستشار
caffeine	a substance in tea , coffee and other drinks that makes you feel active.	كافيين
endorphins	A chemical produced by your body to reduce pain and can make you happy	ماده الاندروفين
athletics	a group of sporting activities including running and jumping. It is an Important part of the Olympics	العاب القوي
social media	Ways of sharing information, opinions, images,videos using the internet.	التواصل الاجتماعي
reaction	Smething that you feel r do because of something that has happened or been	رد فعل
back	The part of the body between the neck and legs.	الظهر

Test yourself

- 1- The chairman (joined-promoted -helped-chosen) the best clerk in the office to be the office manager.
2. (Well-being--Burnout -Stress--Feeling) is a situation where you can't do anything because you're so tired and stressed.
3. I was ill-suited to work in the (mental- physical-difficult-well-being) health field.

It needs a lot of thinking that exhausts me.

4. You should take care of your kids and I'll have a (self-care-- self-sufficiency--self-denial-- self control) . Don't worry about me.

5. I amn't interested if those bad people respect me or not. I could (care-carer-look-seem) less for them.

6. I suppose she couldn't (cup-control-cope-forget) with losing her family in a plane crash.

7. Ali often (praises – blame- scolds-insulates) his children . He is often angry with them.

8. The headmaster (praises – blame- scolds -insulate) all the girls who don't wear scarves . He always saus they are at schools ,not a night club.

9. After the death of his dear friend, his forehead knotted in a (frightened- frown-sad-dark) .

10.The boy had a deep (frighten- frown-sad-happiness) after the results of the exams were announced. He got low marks.

11.(Suppose- frown- Pout-Praise) that a robber knew that you and your family went camping for a week, what would he do?

12.There is a lot of (caffeine- endorphins-chemical-crimes) in tea and coffee. I have a lot of headaches when I don't drink any.

13-When the patients of burns suffer from extreme pains, the brain gives orders to the body to produce (caffeine- endorphins-chemical-crimes) to relieve pain.

14. My mother used to advise me not to (suppose- frown- pout-praise) in front of my fod and eat it all to be healthy.

15. Youth should (alter- charge- defend-praise) their points of views if they discover they were wrong.

16. The doctor's treatment didn't achieve any resuls so he recommended that she should see a (physicist- counsellor-astronaut-archaeologist)

Expressions

do activities	يمارس انشطه	do exercise	يعمل تمارين
go for a walk	يتمشي	deal with	يتعامل مع
do things	يعمل اشياء	Take care of= look after	يهتم بـ
pressure on	ضغط علي	experience burnout	يعاني من الاجهاد
spend + (v+ing) doing	يقضي	Make decisions	يتخذ قرار
in danger of	في خطر	take/bear responsibility	يتحمل المسئوليه
feel exhausted	مجهد	do a sport	يمارس رياضه
a ten-minute break	استراحة لمدة 10 دقائق	Make notes on	ياخذ ملاحظات
feel lonely	يشعر بالوحده	a special technique	طريقه خاصه
pay attention	يعطي اهتمام	When studying for long	عند الدراسه لفتره طويله
reduce stress	يقلل التوتر	suggest organising	يقترح تنظيم
avoid having much caffeine	يتجنب شرب الكافيين	make time	ينظم وقت
order of priority	ترتيب الاولويه	thanks for asking	شكرا علي السؤال
a big project for	مشروع كبير من اجل	think about	يفكر في
the rain comes pouring down	بالقرب من	Make suggestions	يعم اقتراح
angry with	المطر يهطل	Make notes on	ياخذ ملاحظات
a negative effect on	تأثير سلبي علي	aware of	مدرك لـ
Make changes	يعمل تغيير	spend doing	ييقضي في عمل
make time	رتب الوقت	stay up	يسهر

do revision	يقوم بمراجعته	Whatever comes	مهما يأتي
positive thinking	تفكير ايجابي	adapt to	يتكيف علي
start by talking	يبدأ بقول	how much time	كم كميه الوقت
get any worse	يسبب اذي اكثر	take action	يقوم بالرد
Positive thinking	تفكير ابداعي	kind to	عطوف ل
avoid worrying about	يتجنب القلق	adapt to	يتكيف علي
cope with	يتواكب مع	For the last few weeks	لعدة ايام اسبوعين
On social media	علي مواقع التواصل	quite angry.	غاضب الي حد ما
Internal purification	طهارة داخلية	External purification	طهارة خارجية
Spread awareness	ينشر الوعي	Dress my wounds	أضمد جراحي
my heart is set on	قلبي متعلق بـ / عزمت	From now on	من الان فصاعدا
put on	يرتدي / يزيد وزن	worth the effort	يستحق المجهود

Test yourself

1. We shouldn't put a lot of pressures (in -on-at-with) youth. They don't find jbs easily nowadays.
2. I spent all the night (study- studying- studied- studies) English .
- 3- Ahmad Zewail used a (private- special) technique to discover the femto second.
- 4.After her husband's death , the old woman felt (alone- lonely).
- 5-Parents should bear the (bags- pressures- technique- responsibility) of bringing their children well.
6. The prices are very high. The government should reduce (pressures- stresses- abilities-questins)on people .
7. Students suffer from a lot of pressures . The ministry of Education should reduce the (stress-ability-questions- death)by making a lot of experimental exams fr them.
8. We should avoid (mix- mixing- mixed – to mixing) with bad people.
- We should have two (hours- hour's -hour – hurs's) break to have lunch every day.
9. Students in universities should (make- do- give-send) notes while lecturers explain their topics.
10. We suggest (to go- went- going- to going) out to watch the match in a café.
11. Students should (make- do- give-help) a lot of activities during the school day.
12. Students should (make- do- give –revise) revision regularly to get high marks.
13. All the Egyptian people should be (were- know-aware-helpful) of the dangers that surround our beloved country.
14. We should (make- do- give –revise) changes in the order of furniture in our houses to feel different.
15. The students of Engineering Faculties must (make- do- give –revise) special projects to be able to graduate.
16. All of our youth should have (negative- positive- passive-high) thinking about our future jobs.

Derivatives

Verb		Noun		Adjective	
manage	يدير	manager- management	مدير- اداره		متضمن
Solve	يحل	solution	حل		
suppose	يفترض	supposition	افتراض	Supposable	محتمل
exhaust	يجهد	exhaustion	اجهاد	exhausted	مجهد

promote	يرقي - ينمي	promotion	ترقية	promotable	قابل للترقية
		skill	مهاره	skilled - skilful	ماهر
pain	يتألم	pain	الم	painful	مؤلم
scare	يفزع - يخوف	scare	خوف - فزع	scared	مفزع
affect	يؤثر	effect	تأثير	effective	مطبوع
alter	يغير	alter	تغيير		
scold	يوبخ / يعنف	scold	امراء سنيطة النسان		
counsell	ينصح	counsellor	مستشار		
partner	يشترك	Partner- partnership	شريك - شراكه	partnered	مشارك
Connect to	يرتبط ب	connection	ربط	connectable	قابل للاتصال
frustrate	يحبط	frustration	احباط	frustrated	محبط
interview	يقابل	Interview- interviewer	مقابله - المذيع	interviewable	مستعد للمقابله
		athletics - athlete	العاب القوى-رياضي	athletic	رياضي
remain	يبقى	remains	بقايا		

Antonyms

Word	Antonym
mental	physical بدني
promote	demote يخفض
exhausted	relaxed مسترخي
urgent	trivial تافه - عديم الاهميه
alter	maintain يبقي
scold	praise يمدح
pout	Grin - smile يبتسم - ابتسامه
partner	superior متفوق - مالك لوحده
external	internal داخلي
under control	out of control خارج عن السيطرة
upload	download ينزل من النت
set up	demolish يهدم
kind	cruel قاسي

Synonyms

Word	Synonyms
cope	face - overcome - يتواكب - يواجه
promote	Support - raise - boost - encourage يوزد - يرفع - يشجع
manage	Succeed - run يدير - ينجح
stress	strain اجهاد - توتر
effect	Impact - influence تأثير
alter	modify - change يغير
scold	reprove - dress down يوبخ / يعنف
pout	inflate - frown يبور / استياء
counsell	Advice - consult ينصح
perceive	understand - realise يدرك - يفهم
Adapt to	adjust to يتكيف علي
frustration	disappointment إحباط
connection	link ربط - صله
set up	Build- construct-erect يؤسس
calm down	Relieve -ease يهديء

Get together	meet	يتقابل
anxious	Worried - stressed	قلق
Cope with	Keep up with	يتواكب مع

Language Notes

1- **spend** + يقضي + **v. ing**

- He **spent** two hours **playing** the piano.

- **spend** + ينفق + **on + noun.**

- He **spent** a lot of money **on** food

2 - **hard**

(adj.) مجتهد/صعب/صلب

No one passed the exam. It was **hard**.

hard

(adv.) بجدة/بشدّة/بغزارة/بعنف

Rana **studies hard** to get high marks

Hardly (adv.)

بالكاد/بالصعوبة (نلي)

There is **hardly any** water in the glass.

It's **very dark** in this room. I can **hardly see**.

He **hardly comes** on time. He is going to be fired

3- **affect** يؤثر- على

- Pollution **affects** the environment badly.

- **effect / impact / influence** (on) تأثير

- We are studying the **effects** of pollution **on** the environment.

- **have a/ an effect (impact) on**

- Pollution has a **bad effect (impact) on** people and the environment.

- **effective = influential** (مؤثر - صله)

4- **Responsible for** مسئول عن

-Nurseries are **responsible for** the children in their care.

-**Irresponsible** غير مسئول عن

-Ola was **irresponsible** when she lost her neighbor's dog.

-**responsibility** مسؤوليه Fatherhood is a **lifelong responsibility**.

-You need to **take responsibility for** the things that you can control.

4- **experience** خبره (غير معدودة)

experience يعاني من

experiment تجربه معمل

-They offered me the job because I had a **lot of experience**

-I had a **lot of interesting experiences** during my year in Africa..

-In labs, scientists **do a lot of experiments**.

- If you suffer from burnout, you will **experience a lot of stress**.

-people experiencing burnout feel like they can't live their lives normally

5- **suggest that** + فاعل + (مصدر + should)

- **suggest + v.ing** يقترح

I **suggest** that you (should) **visit** the museum first

she **suggested going** shopping on Friday.

-**suggest that** + فاعل + (to مصدر بدون)

- In every day English: (I **suggest** that she **cooks** lunch for us)

6- **alone** لوحده ليس معه احد

- **lonely** يشعر بالوحده

-You **shouldn't leave a child alone** in the house.

-No one lives with him. He **lives alone**.

-After his wife's death, he **felt lonely**.

7- **Scare** يخيف - **scared** خائف - **scary** مخيف - **sacred** مقدس - **scar** ندبه

Don't **scare** the children.

He causes **scare** by his deeds.

He felt **scared** when he heard the lion

These stories seem scary.

Teaching is a **sacred** profession.

A man with a **scar** on the face killed the girl.

8- gradually بالتدريج

- regularly بانتظام

-Ali goes to the club **(gradually- regularly)** . -He never goes late.

-Ali's health improved **(gradually- regularly)** after taking the medicine. Each day is better

9- لاحظ استخدام فعل مفرد مع الكلمات الآتية ولكن عند الإشارة إليها بضمير نستخدم ضمير جمع (they, them, their):

Everyone / everybody / someone / somebody / no one / nobody / anyone / any body / (any / every person)

-Everyone **benefits** from space technology in **their** everyday lives.

-Everyone **has their** own ideas about the best way to bring up children.

Someone is knocking on the door, **aren't they?**

10 - **routine** (روتين يومي) - **red tape** (إجراءات روتينية تعطل العمل)

- My daily routine is going to school every day.

- We must get rid of the red tape in government offices.

11- **28-do a revision** بعد خطة مراجعة **Make a revision plan** يجرى مراجعة

12- **sign....** (يافظه - علامة) * **signal** (إشارة لاسلكية - ضوئية)

-He raised his hand in a sign of greeting.

- Didn't you see the "No smoking" sign?

-Our mobile phones send and receive **signals** all the time

-The soldiers were waiting for the **signal** to start firing.

13- 1- He went to the doctor **because he was ill.**

2- He went to the doctor **because of being ill.**

3.She could solve the problem **as she wise.**

4.She could solve the problem **due to her wisdom/ being wise.**

5.The film was very successful **because of the amazing sound quality**

14 - **connected to** مرتبط أو متصل بمصدر طاقة - **connected with** متعلق ب - علي صلة ب

The computer is **connected to** a printer.

He **is connected with** some important persons in Cairo .

There was no evidence that the man **was connected with the crime.**

15- Making suggestion عمل الاقتراح

أولا تعبيرات يأتي بعدها الفعل مضافا له (ing)

- **What about + ing** -

- **How about +(ing)**

- **Have you considered +(ing)**

-Have you considered + ing = - **Have you thought about + (ing**

How about buying a gold ring for Mum on her birthday?

- **What about** having lunch out at this restaurant?

-**That's a great idea** or **It serves delicious dishes .**

16-**Have you considered = Have you thought about**

- Have you **considered watching** cartoon ?
- Have you **thought about visiting** the zoo ?
- What **about doing** some sports together ?

ثانيا تعبيرات يأتي بعده الفعل في المصدر

-Why don't you+ مصدر

-You could + مصدر

- You should + مصدر

-Let's + المصدر

- Why **don't you study** English tonight ?
- You **could buy** these jeans , They are good materials .
- You **should watch** tomorrow's match. It will be exciting .
- Why **don't** we take some snacks ? =**Let's take** some snacks .

Accept the suggestion قبول الاقتراح	Refuse the suggestion رفض الاقتراح
That's a good (great) idea	I am sorry ; I am busy
OK , let's .	Sorry . I am not very keen

17 - **accident** (حادثه بها اصابه - موت) - **Incident** (حادثه مفاجئه او في فيلم) - **event** (حدث او مناسبه)

18-**Life** (الحياه محدده بشخص او شيء) - **A life** (الحياه بصفه عامه عكي الموت)

There's been a bad accident on the freeway.

There have been several violent incidents at football matches recently.

The conference was an important social event

19- **cause** (سبب) -Scientists are trying to find out what **causes the disease.**

cause (سبب) **to** (المصدر) The cold weather **caused me to sleep** early

cause of + (سبب) اسم **-What was the cause of the fire?**

reason for + (سبب) اسم / **v ing** **Can you give the reason for leaving ?**

reason why + جمله كامله **Is there a reason why you can't come?**

Test yourself

1. My daily (customs- red tape- routine-walk) every Friday is to visit my married sisters and spend some time with their children.
2. Our brave soldiers received the (sign- signal-speech- saying) to start the attack on the enemy.
3. There is a (sign- signal-speech- saying) in front of the mueuem asking for not smoking .
4. The disabled should have the (priority – former- success-minority) to be appointed in the government.
5. We connect our mobiles (with- to –by-at) a charger when we charge them
6. Ali couldn't come to the party (because- because of-since- while) his accident.
7. Most of the (energy- lights-petrol-earth) we use still comes from renewables
8. I saw someone coming in front of me suddenly . I was afraid but greeted (him- her- us- them)
9. Snakes often (afraid-fear- scare-freeze) a lot of people although they don't attack people at first.
- 10 Planes gain their speed (gradually- regularly- quickly-quietly). They begin slowly and then become very fast.

11. After the accident, my friend began to improve as he took the medicines (gradually-regularly- quickly-quietly)
 12. My father suggested that we (slept- sleeps-sleep-sleeping)early to be healthy.
 13. My father suggested that we (would sleep- should sleep- will sleep -sleeping)early to be healthy.
 14. My father suggested (would sleep- should sleep- will sleep -sleeping)early to be healthy.
 16. Practising a lot of exercises regularly will have a good (affecting- affection- effect- affect) on all of us.
 17. Practising a lot of exercises regularly will have a good (affecting- affection- impact - affect) on all of us.
 18. The plays of Shakspear have been (influence- influential- effect-impact) on the writings of other writers.
 - 19.Bethoven was a very (influence- influential- effect-impact) person in music . He wrote a lot of wonderful music.
 20. The plane's accident was (an experience –experience- experiences- an experiment) he wouldn't forget for a lng time.
 - 21 He is an expert in teaching. He has more than thirty years (an experience –experience- experiences- an experiment) in teaching.
 22. Students should study (hard- hardly- harden-hardship) to get high marks.
 23. My father (hard- hardly- harden-hardship) gets any holidays. He works on fridays too.
 24. There is a (gradual- regular- quickly-quite) improvement in our economy because of the new investments.
 - 25.On my way home, I stopped (to buy-buying-to buying-buy) bread.
 26. My doctor advised me to stop (to smoke-smoking-to smoking-smoke).
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- 27- Why don't you (using – to use -to using – use) make a plan to organize your work?
 - 28-Have you thought about (doing- do - to doing – to do) more exercise?
 - 29-What about (finish – finishing - finishes – finished) the most important things first?
 - 30-You could (study - studying – to study – studies) together and help each other.
 - 31-Have you considered (to read - reads-reading - read) a book before going to bed?
 32. Have you (think-thought-thinking-thinks) about starting a new project to get money?
 33. You could (has-having-had-have) asked me for help if you were feeling so stressed!
 34. Why (can't-don't-didn't-aren't) you use a diary to help you plan your work?
 35. We don't know The (cause- reason – evidence- clue) why he left his job.
 - 36- There is no (lives- a life- death- life) on other planets.
 - 37.The sixth of October is a great (accident - incident - event -memory) to honour our martyrs.
 38. What (in-on-about-for) watching that wonderful film?
 39. (Will- Should- Shall- Can) we play fooball ? - It's a good idea.
 40. Have you considered (to tell- telling- told- tells) the family about your problem.
 - 41.Let's help Ali to solve his problem, (shall we- will we- can we- do they)?
 42. Every member in the club can (do – make- give- receive) his suggestion to develop it.

43. (Athletics – Swimming- Boxing- Robbing) is the most important game in the Olympics.
- 44- A lot of youth use the internet to (upload- download- knew-realise) the latest songs to hear them offline.
45. All the streets are (wit- wet- rain- mud) as it had rained for an hour
46. The (cause- reason – evidence- clue) of the fire is unkown. The police are still investigating.
47. (Sociable- Social- Society- Community) media plays an important role io our life.
- 48.Dr. Magdy Yacoub (sit- set- find- build) up an association for helping people with problems in the heart.
49. Ahmad Shawky wrote a (film- poem-story-tale) about the Nile. Its verses are great.
50. My father measured his blood pressure and found it (natural- normal-industrial-man made). He is in a good state.
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READING

HOW TO AVOID BURNOUT

Burnout is a **mental health problem** that is **affecting** more and more people today because there's so much **pressure on** us to work hard and do everything perfectly. When you **experience burnout**, you feel **exhausted** and you usually don't **spend** enough time **doing** things you enjoy. You might **stop doing hobbies** that you used to enjoy and you may become ill more often than usual. As a result, people **experiencing burnout** feel like they can't live their lives **normally** anymore.

Burnout is usually caused by both **decisions** you make about things that you can control, for example, the **amount** of homework you have to do, and situations you can't control, for example if you spend a lot more time **on your homework** than you have to **because you want to do it perfectly**. This is your **choice** or the result of poor **time management skills**. If you're **in danger of suffering from burnout**, you will usually **experience a lot of stress**, find it difficult to sleep and have **a lot of headaches** or **pain** in your **shoulders and back**. In order to **improve your mental health**, you need **to take responsibility** for the things that you can control. For example, if you find it difficult to say 'no' when people ask you **to do activities** outside of school and you feel exhausted because of this, you could change this **behaviour**. Then you can start thinking about activities you really enjoy doing. These should be activities that help you to forget about everything else that is happening, **such as drawing or painting**, doing a sport or having **'real' conversations** with your friends and family. Activities like these are examples of **self-care**. They help to **promote** better **mental health** and **increase your well-being**.

WB

Studying can be stressful.

Here are four **tips** to make life easier.

Tip 1: Divide the things you need to do into four **categories** These are (1) **urgent** and important (2) important but not urgent (3) not important but urgent (4) not important and not urgent. Using this **system**, you will quickly be able to see what you have to do now and what can wait when to take a rest This will help you to **avoid burnout** and **continue studying**. Use **a clock with an alarm**, after every twenty-five minutes, take **a five minute break** and stand up and **stretch**.

Tip 3: You should **do exercise on a regular basis**. Exercise will **produce endorphins**,

which are **chemicals** that help to **reduce stress**. If the exercise is outside you will also benefit from some fresh air.

Tip 4: You should not eat **unhealthily** when you are studying. A salad is quick to prepare and **fruit is a better snack than chocolate**. You **should also avoid having** too much caffeine. Water is much healthier.

SUPPOSE

by Phoebe Cary

① Suppose you're **dressed for walking**,
And the rain **comes pouring down**,
Will it **clear off** any sooner
Because you **scold and frown**?

② And wouldn't it be nicer
For you **to smile than pout**,
And so **make sunshine in the house**
When **there is none without**?

③ And **suppose the world** don't **please** you,
Nor the way some people do,
Do you think the **whole creation**
Will be **altered** just for you?

④ And isn't it, my boy or girl,
The wisest, **bravest plan**,
Whatever comes, or doesn't come,
To do the best you can?

When I talk to **teenagers** who are **suffering from burnout**, I **start by talking** to them about the **negative effects** of their **mental health problems**. It's a good idea to ask how they're feeling, for example, they may **feel exhausted** or they may not have any time **for self-care**. Then I ask them about their **routine** because I want to find out **how much time they spend doing** their homework and how much time they spend **on other activities**. After that, we can find out if there's anything we can change, for example to have better **time management**. A final important thing to look at how the student can **make more time** for them.

Skills for life

It's important to be **aware of the signs** of burnout. Then you can **take action** so the situation doesn't **get any worse**. It's also important to **share your feelings** with people you **trust**, like your family or teachers because they can help.

Reading

Hi Mohamed,

I wanted to write because I've **noticed** that you don't seem to be your **normal self** at the moment. You used to have so much energy, but now you look exhausted a lot of the time at school. I think you're feeling because I was suffering from a lot of stress last year too. I couldn't **cope with** all of the homework I had. **Instead of doing** the work, I used to just sit at my desk and worry about it for hours. I remember that I was exhausted all the time and my teachers weren't very happy with my schoolwork. **Time management** was something I didn't know anything about back then, but I asked my sister for help and she **showed me how to plan my study** time better. Is there something that you're worrying about which is stopping you getting to sleep? Or maybe you're **doing too many things** at the moment. Everyone suffers from

stress and finds it difficult to cope with life sometimes, so don't **worry about** it. When you understand that, you can **start to identify** the reasons for your problems. Why don't you think about what is happening in your life at the moment? Is there anything that **much time on**? How often do you make the time to do something you really enjoy? We could **get together to have a talk** about what's going on if you want. Just let me know when

Talk soon,

Karim

A SHORT EXTRACT FROM GEORGE MITCHELL'S BOOK

One way to help you deal with life's problems is to focus only on the things you can change. There are **many external factors** which may influence how well you can cope with a **particular problem**. However, you **should accept** that there are some things you just do **not have control over**. It is not helpful to **worry about** these things. For example, when it rains do you **get stressed** about getting wet? Or do you buy a good raincoat to keep you warm and **dry in bad weather**? This is an example of how you can find a quick and simple **solution** to what others might see as a problem. This is also the first **step to accepting** change as something normal. It is a simple way to make sure you remain **positive** when you face life's **difficulties**

WB

For the last few weeks, I've been feeling like I can't cope with everything in my life. My friends are getting great marks at school and after school they meet up. But I don't have time to join them. On social media they always upload photos and videos of themselves having fun in the park and around town. I don't know how they find the time to do all these things and study too.

I like to know what is happening in the world and I have **set up** my phone to send me news alerts. Recently though, there have been so many problems happening around the world and it's making me **feel stressed**. It's having **a big impact on** my well-being. I often feel quite anxious and don't want to leave the house.

I have just **started doing sport** to **calm down** because recently I've been **quite angry**. We have just moved to a new city **because of my dad's new job** I had to leave all my best friends, the athletics club I was in and all this happened **during an important year at school**. I want to study medicine, so I have to get **good results** in my exams. I often get angry about small things

الحمد لله رب العالمين

استله الوحدة كلمات

UNIT Four

EXERCISES

Mr El Sebaei Exercises on Unit four

Mr El Sebaei Atteya

1 Choose the correct answer from a, b, c or d:

1. The new (management-presidential-managers-directors) **for Zamalik Club** faces some knotty problems, but they are able to solve all the problems alone. **They don't need watches.**
2. At the end of the season three teams were (gone- promoted-travelled- sent) to the Premier League.
They will play against Liverpool and Manchester City.
3. Young boys recruited at an early age by football clubs often suffer from (expression- burnout -impression-disease) before they are out of their teens.
4. Singing can create a state of (delighted--sadness - relieve--well-being). Most people feel happy.
5. The result of the (experience- game- incident - experiment) surprised all the scientists. It will help them develop a new cure for cancer.
6. I found playing the guitar very difficult at first, but in the last two weeks I've (artificially - brutally - gradually-cheerfully) improved
7. Some people suffer from (physical-mental - natural- industrial) illness. They can't remember what they have done.
8. Doctors are responsible for the (healthy- care- experience - impression) of all the patients.
9. The emotional and (physical -mental-psychological-social) health of the children is very important. They should practice moderate sports daily.
10. We are now concerned with the economic (well-being -- trouble—industry—tourism) of the country. It will improve all the aspects of life in Egypt.
11. If you don't turn the taps off, you can waste a huge (number -amount -account -discount) of water in a short time.
12. Many youth nowadays (suffer- blame- frown-pout) addicting a definable alcohol, drug, or mental disorder.
13. A/An (operation - experiment - process - illness) is a series of events or changes that happen in a lab under the supervision of a scientist.
14. Dad's (diseases- health - mental - management) hasn't been good lately. He suffers from high pressure.
15. I am always studying and when I have free time, I stay in bed. I'm suffering from-----
a) amnesia فقد ذاكرة b) burnout إجهاد c) constipation إمساك d) diarrhea إسهال
16. The storm has had a bad (effect - afflict - affect - detect) on the crops. Farmers have lost a lot.
17. Astronauts must train well and much to (adapt-cope-adopt-walk) with the climatic conditions in space.
18. Massage is a wonderful treatment for (disease-stress- illness-exhaust). It relieves it very much.
19. While a moderate amount of stress can be beneficial, too much stress can (frown- pout- scold-exhaust) you.
20. I don't have the time to do everything I want to do. I'm bad
a) extra time b) waste time c) time management d) part time

21. My father was promoted to be the chairman of Toyota Company in Egypt in 2010. His (experiment - management - process - effect) has achieved great profits
22. The political parties should take concrete steps to (enlarge- decrease- modify – promote) equality , solidarity and non-discrimination.
23. Bosses always (praises – blames- scold-insults) clerks who make mistakes that cause losses.
24. The boy (frighten- frowned-sadness-pleased) after the results of the exams were announced. He got low marks.
25. He's (claim- supposed- frowned-pout) to have abilities that no one can expect . He is a genius.
26. Staying up for a long time can cause a state of (exhaust- blame-burnout) to a lot of people.
- 27- You must always make time for If you look after yourself, you can help others ,too.
a) self-care b) self sufficiency c) self denial d) selfish
28. Our parents teach us that praise with the good and (promote – danger - scold- avoid) with the bad.
29. We shouldn't (praise – blames- scold-insults) old people whatever mistakes they do. We should be kind.
30. All the Egyptian people became (frighten- frowned-sadness-pleased) after hearing about our martyrs in Sinai. The terrorists are killers.
31. She has strange dreams. I'm worried about her (time management-exhausted-mental health-relatives).
- 32- The adjective (exhibits- delighted- exhausted-exhorted) describes the feeling of being very tired.
33. A. Do you (refuse- suppose- frown-pout) that the witness was telling the truth ?
B. No, He was hesitated
34. (When-How-Why-What) studying for a long time, you should have a rest to refresh yourself.
- 35- (Physical - Mental -Metal-Mutual) health shows how a person thinks and the emotions they feel
- 36- (Physical - Mental -Metal-Mutual) health shows how the state of the body seems.
37. You should do exercise on a regular (basis-root-bases-law) not to suffer from the symptoms of aging.
38. Burnout is usually caused by the decisions you (do – make – give – say).
- 39- Why don't you (spill- do- spout- pour) yourself another drink ?
40. My parents are very (stress- stressful- relaxed- exhaust) about my brother staying up out late.
41. During studying my lessons, I have (sudden- gradually- regular- balance) to renew my energy.
42. The director of the film returned the scene of sadness four times , he wanted the actress to draw a real (suppose- frown- carry-praise) on her face
43. I feel (sorrowful – useful - hopeful – lawful) that we'll find a suitable house very soon.
44. Nothing can live without (lights-energy- powerless-expression). It is necessary for all aspects of life on the earth.
45. Amal is always (relaxed-comfortable-stressful-exhausted) and she never has the energy to do anything. She should see a doctor.
46. My grandfather doesn't (defend- promote-remain-expect) that women leave their natural tasks at home to work outdoors. They have an important role in their houses.
47. (Suppose -Sense -Skid -Surrender)is used to say something is true , although you are uncertain about it.
48. The (invention- discovery- invitation-research) of coronavirus vaccine is wonderful medical breakthrough to overcome this pandemic.

49. Doctors use (caffeine- endorphins-painkiller-injections) to relieve the patients' pain
50. In winter, most Egyptians like watching the rain (failing- pouring- hitting- dropping) down.
- 51- If you fail once , don't be (confident-reliable -frustrated -determined) and concentrate on your work to achieve your goals.
- 52- It is important to be (unaware -unconscious-aware -software)of the signs of burnout. Then you can take action .
- 53-Most people found it difficult to sleep (because -because of -since -although)their mental health problems.
54. Make exercise a part of your daily (red tape-routine-rotten-system). You shouldn't stop doing it.
55. We should be (thanks- grateful-thankless- helpful) to our parents for all they have done for us.
56. What (results- affection- activities- causes) should I do to improve my well-being?
57. Youth should learn how to (act- react -go-behalf) to the problems they face in their everyday life.
58. We have to spend some time (discuss-discussing-to discuss-at discussing) this problem
- 59.The zoo needed better (run-management -style-experience)rather than more money. The principal should be strict and kind at the same time to achieve good results
60. Most people who take regular vacations suffer from less (expression-burnout- frown-sorrowful)
- Although we should cope with today's challenge , we should look ahead.
61. The government should do more to (promote-demolish-destroy-play) sustainable agriculture.
- 62- The antonym of pout is (frown - scold - smile - smile)
- 63- The synonym of pout is (frown - scolded - smile - smile)
64. We (suspect -respect -expect -accept)the doorman for committing the crime.
65. Ola had a (physical-mental- unconscious - danger) breakdown and was diagnosed with schizophrenia.
66. Doctors and nurses at the units of corona virus have a high rate of (depression- burnout - impression-disease)
- 67-It is good to do (regular - burglar - burger - irregular) exercise, so I go running every day.
- 68-Sami (did-made- get - let)a lot of work last night, but he still didn't finish his homework!
- 69 . My friend (made - did - bought - get) a lot of money when he worked as an actor.
- 70-The problem is that , you don't always get (gradual- regular- irregular -balance) work.
- 71- Adel's job is very (stressful -balanced -pressure -press).He is a firefighter and his work is often very dangerous
- 72-Tamer never goes on a plane. He (frighten - fears - suffers - saves) from a fear of flying.
- 73- (Stress - Accent - Dialect - Tress) is the twenty first disease
74. Almost 50 per cent of cancer (sufferers - doctors - patient - nurses) are treated successfully.
75. Even a quarter of an aspirin tablet, taken in (regulate - regular - regularly - regulation) doses, can be enough to prevent heart attacks.
- 76- Every one hopes (she-he-we-they) can make someone's life (painful - pain - happy-heavy)
- 77- Every one hopes they can make someone's life less (painful - pain - happy- heavy)
- 78.This book has some useful (tops -taps -tapes - tips) on how best to revise. Yu should read it.
79. To ease is to make something less (clear - painful - fearless - sudden).
80. This medicine will help to ease your (anxiety-stressful-mention-power)

81. Diabetic people should (reduce-cope-increase-sleep) with the symptoms of the increase and lack of sugar in their bodies.
82. One of my friends has a mental (health-healthy-healthily-unhealthy) problem. He speaks loudly and we don't understand him.
83. Whatever the cause , you should be quiet and not to (promote – danger - scold- avoid) or punish the officials for minor mistakes.
84. You look exhausted! I think you should consider (to go-going-go-went) to bed earlier.
85. My wife became (pleased- frowned-delighted-happy) when I forgot her birthday .
86. You should identify the (reasons – causes – lessons – classes) for your problems to be able to solve them .
87. The members of the big families should (set- get-fun-come) together to solve our urgent problems.
- 88-Your brilliant success is (worse – worth – myth – both) the effort .
89. It is important to share your feelings with people you (doubt- misunderstand-suspect-trust) like your family or teachers.
90. Smiling can help reduce stress and increase (caffeine- endorphins-chemical-crimes) in blood that reduce blood pressure.
91. Students have to cope with a lot of (happiness-evidence-actress-stress) in their studies and uses sport to help them relax.
- 92-You should try to learn better time management (skills – hobbies – interests – fun)
- 93- Some situations may have a negative effect (in – on – at – of) your mental health.
- 94.You should start thinking about activities you really enjoy (making- going- doing-playing)
- 95.. My mom always advises me to avoid (talking-to talk-to talking-being talked) with bad people.
- 96- I told my little brother not to worry, as when the dentist looks at your teeth, it is
a) pain b) painful c) painless d) pains .
- 97-Does this drug have any side (effects – affects – reflects - infects)? - No it is safe.
- 98-The astronauts are planning a four- (hour- hours- hours'- hour's) space walk to carry out the necessary repair work on the shuttle.
- 99-Space tourists can (act – take – do – make) weightless sports in space.
- 100-We really need to spend more money (at – with – on – in) education.
- 101.-It is a horrible thing to see one person make another (please- suffer- carry-study).
- 102.-She had a (stress- stressed-stressful-frightened) job as a representative .
- 103-Movement can be (thankful – faithful - painful – thoughtful) when you've hurt your back.
- 104- I'm (hopeful – thoughtful – awful – fruitful) that I will find another job but who knows how long it will take.
- 105- It was so (delightful – hopeful – admirable – horrible) not only losing my father, but losing my closest friend too!
106. Machines need (energy- light-petrol-oil) to work .
- 107.Most companies in the world are (keeping- helping-starting-coping)with struggling economic downturns because of coronavirus.
- 108.Parents shouldn't (praises – blames- scold-insults) their children in front other people, especially relatives and friends.
109. My father has been (raised-replaced-promoted-managed) to a higher position in the company.
110. My grandmother said walking in the countryside helped (improve-prove-drove-proof) her physical and mental health.
111. Self-care is to taking care (for-at-after-of) yourself.
- 112-Activities such as drawing , painting and doing a sport are examples of self -----
a) burnout b) care c) exercise d) training
113. My parents (make-have-do-stop) me finish my homework before they allow me to watch TV.

114. At the end of prep three, students can (promote –set-sit-measure) directly to the secondary schools.

115. We all should work for the (well-being—happening—sorrow--influence) of our nation to be a progressive country.

116. Farmers water their crops (regularly – bitterly – disorderly – formerly) to grow well.

117. The firm decided to appoint a new (manager- management –director- actor) team to be able to increase the production and sales.

118. The firm decided to appoint a new (manager- management –dctor- actor) to be able to increase the production and sales. He will be chosen carefully.

119. He (earned – gained – won – escaped) valuable experience while working on the project.

120. He fell off his bike, but fortunately he was (uninjured – uninfected – uninterested – unintended).

121. The government should relieve (stresses- pressures-laws-crimes) on youth and provide them with jobs in all the sectors that suit their abilities.

122. (Gradual – Regard – Regular- Irregular) repeated, normal or usual

Grammar

MODAL VERBS OF NECESSITY, PROHIBITION AND LACK OF NECESSITY

الأفعال المساعدة الدالة على الضرورة و التحريم و غياب الضرورة

- 1- Have to / Has to = It is necessary to do..... (We have no other choice)** مضطـر أن
 كم تستخدم للتعبير عن إلزام معروض علينا وليس أمامنا اختيار بسبب القواعد والقوانين أو الظروف
 - If she wants to start her course this year, she **has to apply** before the end of March.
 - We **have to wear** helmets if we are going to take the motorcycle. (The law says so.)
 - You **have to show** your passport when you leave the country.

كم كما تستخدم في الأوامر:

- You **have to apologize** to Mona. You don't want to lose her as a friend. (advice)
 - You can't go out. You **have to clean** your room first. (an order)

- يمكن استخدام **have to** في الأزمنة المختلفة (ما عدا الأزمنة المستمرة)

- I **had to work** six days a week. = -**It was necessary for me to work** six days a week.
 - My flight **is at six** in the morning. I'll **have to get up early**.
 - **Have you ever had to go** to hospital?

- تستخدم (do / does) مع (Have to / Has to) في السؤال و النفي

- **Do you have to put on** a uniform at school?
 - She **doesn't have to buy** a new dictionary for school?

- يمكن أن نستخدم (have got to / has got to) بدلا من (have to / has to)

- I **have got to go** to work on time.
 - She **is late** for the meeting, she **has got to take** a taxi.

- نستخدم (have got to / has got to) في السؤال بدون فعل مساعد

- **Have you got to be** at the office every day?
 - **Has that man got to carry** all the boxes by himself?

⚡ **must + infinitive: = it is necessary to**

يجب أن

كم تستخدم للتعبير عن (الزام داخلي) أي إحساس قوي بضرورة عمل شيء من وجهة نظر المتكلم أو للتعبير عن أن شيء مهم بالنسبة لنا وفي هذه الحالة نستخدم فقط مع الضمائر I / We ومع You في حالة السؤال:

- I **must visit** my grandparents more often. (It's important to me that I do.)

- **Must you wear** that yellow tie?
 (Is it important to you that you do it? This also suggests that it bothers me.)

كم ونستخدم للتعبير عن نصيحة قوية

- You **mustn't be** late or dad will be angry. (strong advice)
 - You **must wash** your hands before you eat. (strong advice)

وفي الأوامر كما تستخدم في القوانين والقواعد وعندما نذكر أنفسنا بضرورة عمل شيء:

- You **must clean** your room before you go out with your friends. (an order)
 - Drivers and passengers of motorcycles **must wear helmets**. (a law)

كما نستخدم في حالة نوحه دعوة أو التعبر عن مشاعر صادقة:

- You **must come** and see us at the weekend. - You **must try** a piece of my cake.

نستخدم في الاستنتاج أو التعبير عن نتيجة منطقية: (سيتم شرحه بالتفصيل)

- Dad **must have left** already. I don't see his car.

⚠️ لاحظ استخدام للتعبير عن الضرورة في المصارف والمستقبل فقط:

- I **must go** now.
- I **must see** my doctor tomorrow.

✎ need / needs to + infinitive:

❖ نستخدم للتعبير عن أشياء ضرورية في الحاضر أو المستقبل

- He **needs to be busy** all the time or his boss will be angry.
- We **need to revise** for next week's exam.

✖- نستخدم **Must** في السؤال بدون فعل مساعد وتأتي في بداية السؤال:

- **Must he send the e-mail now?**

3- Had to : It was necessary to do.....

اصطلاحات

- نستخدم (Had to) للتعبير عن الرام و ضرورة في الماضي

- We **had to do** a test at school today. - We **had to** take a taxi as it **was raining** heavily.

4- Mustn't : It is necessary NOT to do.....

يحب ألا

🚫 **mustn't + infinitive:**

تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو تترتب عليه نتيجة سلبية إذا وما به:

- You **mustn't** smoke in hospitals. = You **aren't allowed to** smoke in hospitals.

= You aren't permitted to smoke in hospitals.

= You are forbidden to smoke in hospitals.

= You are banned from smoking in hospitals.

= You are prohibited from smoking in hospitals.

=You aren't permitted to smoke in hospitals. = you are forbidden to smoke in hospitals.

(Mustn't = (be) not allowed = (be) not permitted to = (be) banned = (be) prohibited = (be) forbidden to)

- ويمكن أن تبدأ الحمل بالشئ الغير مسموح به

- Smoking is not allowed in hospitals.**

5- don't have to / don't need to / needn't + infinitive:

Doesn't have to / doesn't need to = It is NOT necessary to do.. لا داعي أن-غير مضطر

• تستخدم البعير عن عدم الضرورة في المصارف أو المستشفيات

- She isn't late for school so she **doesn't have to / needn't hurry**.
- When you are on holiday, you **needn't go to bed early**.
- She **doesn't have to work** on Saturday.

6- - Didn't have to = didn't need to = It wasn't necessary to., so we didn't لم نضطر

- نستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدث لَمْ يُمْ في الماضي لأنه لم يكن ضرورياً)

- We didn't have to go to school yesterday. It was a holiday.
- I didn't have to do the shopping yesterday. My brother did it.

7- Needn't have + PP. : It wasn't necessary to....., but we did

- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدث تسم في الماضي على الرغم من كونه لم يكن ضروريا)

- You **needn't have brought** your umbrella. **It's not going to rain.**

- لاحظ الفارق في المعنى في الجمل الآتية

- I **didn't have to buy** more bread. We **already have a lot.**

(I **didn't buy** bread because we have some.)

- I **needn't have bought** more bread. We **already have a lot.**

(I **bought** bread, but it was not necessary because we have some.)

- في حالة التعبير عن الضرورة في المستقبل نستخدم **must / have to / will have to**

- I **have to get up** early tomorrow.

- I'll **have to send** the fax tomorrow.

- لاحظ الفرق بين استخدام **need to** كفعل ناقص واستخدام **need** كفعل عادي بمعنى يحتاج أو يتطلب

- This job **needs computer skills.** - I **need to finish** the job early. = I **must finish** it early.

Test yourself

- 1- You (mustn't-needn't-don't have to-won't) park here. It says a "No Parking area.
- 1- If I want to start this year, I (have to-may-might-shall) apply by the end of next week. I have no choice.
- 2- I really (can-must-may-might) go and get some bread before the shop closes. I don't have any bread left at home
- 3- We (have to-must-mustn't-needn't) buy souvenirs for our friends while we're here.
- 4- You (doesn't have to-didn't have to-shouldn't-needn't) come if you don't want.
- 5- We (mustn't-don't need to-can't-shouldn't) lock the car. It's safe here.
- 6- You (needn't-mustn't-should-ought to) drive. You're too tired.
- 7- At my sports club, everyone (has to-should-may-might) wear flat shoes. It's an important rule.
- 8- You (shall-could-need to-manage) get more practice if you want to pass your driving test.
- 9- I (need-have got-needn't-must) phone my friend this morning. I promised him I would.
- 10- We (must-mustn't-needn't-don't have to) forget that tourism is very important for Egypt.
- 11- You (needn't-mustn't-don't have to-have to) drive fast in the city centre. It's very dangerous.
- 12- You (must-need-have to-needn't) pass your exams to go to university.
- 13- You (can-have to-mustn't-might not) take photographs here. It's against the law.
- 14- My children (have to-must-need-needn't) study ancient history at school next year.
- 15- You (mustn't-don't have to-need to-needn't) speak so loudly. We are in the library.
- 16- When you arrive in another country, you (have to-don't need to-mustn't-haven't) show your passport.
- 17- I (don't have to-shouldn't-need-must) hurry. My train leaves in 5 minutes.
- 18- You (may not-mustn't-can-ought) bite your nails. It's a bad habit.
- 19- I have been tired all day. I (needn't-have got-don't have to-must) get more sleep.
- 20- I was very tired yesterday. I (was-must-needn't-had to) go to bed early.
- 21- You (don't have to-mustn't-can't-don't need) take that train. There's another one in ten minutes.
- 22- You (must-have to-need to-needn't) buy a pen. I can lend you one.

- 23- You (must-ought-should have-could have) come and stay with us in Arizona sometime.
- 24- I my room yesterday; my sister had already tidied it.
- 25- a don't have to tidy b didn't have to tidy c had to tidy d must have tidied
- 26- I'm sorry for not visiting you last night; I see my doctor.
- 27- a needn't b didn't have to c had to d must
- 28- You are wasteful; you more sugar. We already have a lot at home.
a can't have bought b had to buy c didn't have to buy d needn't have bought
- 29- Ali isn't late for school; hehurry.
- 30- a mustn't b don't have to c needn't d has to
- 31- Children wear a uniform in primary schools.
- 32- a must b have to c mustn't d shouldn't
- 33- You worry, still you have a lot time of to catch the train.
- 34- a don't have to b must c should d have to
- 35- You take photos here; it's a military area.
- 36- a must b mustn't c needn't d shouldn't
- 37- You try my sister's cake now. It's really delicious!
- 38- a needn't b had to c must d mustn't
- 39- I really buy my mother a present on her birthday; One should be grateful!
- 40- a needn't b have to c mustn't d must
- 41- At an airport, Ishow my passport.
- 42- a can't b don't have to c have to d shouldn't
- 43- In Egypt, most people.....work until they are 60; it's a work law there.
- 44- a mustn't b have to c needn't d shouldn't
- 45- Mona is economical; she more bread; she actually has much in the fridge.
- 46- a needn't have bought b didn't have to buy
- 47- c should have bought d had to buy
- 48- You pass a driving test to drive a car in Egypt.
- 49- a mustn't b needn't c have to d must
- 50- Is it a/an to take this medicine?
a advice b unnecessary c necessary d must

Grammar

MODAL VERBS OF DEDUCTION, ADVICE AND REGRET

الأفعال المساعدة الدالة على الاستنتاج و النصيحة و الندم

8. should / shouldn't / had better / had better not + infinitive:

كما نستخدم عادة للتعبير عن النصيحة

- You **should look for** a new job. = It is a good idea to look for a new job.
- You **shouldn't look** at the sun. It's very dangerous.
- You **had better not look** at the sun. It's very dangerous.

9. should have + pp.:

كما نستخدم للتعبير عن أن شيء كان يجب أن يحدث في الماضي ولم يتم ونستخدم عادة عندما نوجه اللوم لشخص لعدم قيامه بعمل معين: (لوم - عتاب)

- You **should have done** your homework yesterday.

- shouldn't have + pp.:

كما نستخدم للتعبير عن أن شيء كان يجب ألا يحدث في الماضي ولكنه حدث ونستخدمه عادة عندما نوجه اللوم لشخص لقيامه بعمل معين: (لوم - عتاب)

- You **shouldn't have parked** your car here. It's a 'No Parking' area.

10. can / can't + infinitive:

كما نستخدم للتعبير عن القدرة على عمل شيء في المضارع أو المستقبل:

can + inf. = am / is / are + able to + inf.

am / is / are + capable of + v. + ing

have / has the ability to + inf.

- I can see very well without glasses. = I have the ability to see well without glasses.
- We can solve this problem. = We have the ability to solve this problem
- = It is possible for us to solve it.

كما نستخدم أيضا للتعبير عن الاحتمال في المضارع

- I can play tennis in the park whenever I want to.
- We can't waste time watching TV.

كما نستخدم للتعبير عن شيء مسموح به أو غير مسموح به في المضارع

- In some countries, you **can drive at the age** of 17. (**The law says this is permitted**)
- In some cities, people can't use their cars every day.
(This is not permitted / it's against the law.)

- could / couldn't + infinitive:

كما نستخدم للتعبير عن قدرة عامة على عمل شيء في الماضي

- At the weekend, they found a shop where they could buy cheap books.
- My sister looked all over the house, but she couldn't find her phone.

كما للتعبير عن قدرة محددة في الماضي على الرغم من وجود صعوبة نستخدم

was / were + able to + inf. = managed to + inf. = succeeded in + v. + ing:

- I took my car to the garage this morning, where one of the mechanics was able to / managed to start it.
- I'd been trying to send that e-mail all day. Finally, I succeeded in sending it at six o'clock in the evening.

كما نستخدم للتعبير عن شيء مسموح به أو غير مسموح به في الماضي

- In the past people could drive a car without passing a driving test.
- In the past, women couldn't vote in elections

1- Must + inf. = I am sure

لا بد أنه

- يستخدم (Must) للتعبير عن الاستنتاج المتيقن القائم على دليل في المضارع

- You **must speak** good Arabic if you've lived here for 10 years. (I'm sure you speak good Arabic.)
- Must + be + n. / adj. لا بد أنه
- He **must be** English. He speaks English well. (He is definitely English.)
- Ali **must be** happy. He has just won a gold medal. (I'm sure Ali is happy.)

2- Must ... مضى..... Must have + pp.

- يعبر (Must have + pp.) عن الاستنتاج المتيقن القائم على دليل في الماضي

- It **must have been** cold there. There is snow on the ground in the photo.
(It was definitely cold there)
- Passing his driving test **must have made** Ahmed very happy.
(I'm sure passing his driving test made Ahmed very happy.)
- There **must have been** a sandstorm. The streets are covered in sand.
- She **called me from a friend's phone**. She **must have lost** her mobile phone.
- It **must have been** very windy during the night. There are branches all over the ground.

3- Can't / Couldn't

لا يمكن أن يكون

يعبر عن الاستنتاج المنفي القائم على دليل في المضارع

- He **can't be** Egyptian. He **doesn't speak** Arabic. (He is definitely not Arabic.)
- That **can't be** Kamal. He looks too old. (I'm sure you are not Kamal.)

4- Can't / Couldn't ... مضى..... Can't / Couldn't have + pp.

تعبير (Can't / Couldn't have + pp.) عن الاستنتاج المنفي القائم على دليل في الماضي

- All **can't have forgotten**. He's got a very good memory.
- They **can't have had** lunch. Their food is in the fridge.
- It's only 4 o'clock. The match **can't have finished**. It's too early already.
(The match definitely hasn't finished early)
- Ali was not at the meeting. He **can't have read** my e-mail.
(I'm sure he didn't read my e-mail.)
- You **couldn't have finished** that book already. (I'm sure you didn't finish it.)

5- Might / May / could

من المحتمل

للتعبير عن عدم التأكد (الاحتمال) في المضارع عندما لا يوجد دليل

- He **might be** French, but he is probably Italian. (it is possible that he is French)
- He **might / may be** at home. I'm not sure.

6- Might / may ... مضى..... Might / may have + pp.

- Azza **wasn't** at school yesterday. She **might have had** a doctor's appointment..

(It's possible that Azza had a doctor's appointment)

- He **might have rung** yesterday evening. (It is possible but I am not sure.)
- Going by car **might have taken** longer than going by train. (But it might not.)
- تعبر (**could have + P.P.**) أيضا عن شيء كان من الممكن حدوثه ولكنه لم يحدث لأننا لم نستغل الفرصة
- He **was able to do** the job but **he didn't**. = He **could have done** the job.
- أحيانا يمكن أن تعبر الجملة عن الاستمرار وفي هذه الحالة نستخدم
- **must / can't / may/ might / could+ be + v.ing**
- What is Ali doing in his room? - **I'm not sure. He may be studying.**
- **must / can't / may/ might / could+ have been + v.ing**
- What was Linda doing? - **She must have been working on her computer.**

Test yourself

1. Emad didn't take his keys with him. He (could have seen-could see-might see-can't have seen) them on the table.
- 2-This (may-can't-must-could) be his car. He's too poor to afford such an expensive car.
- 3-Ali isn't here. He (must-can-ought-should) have gone home to study for the test tomorrow.
- 4-Ahmed is a professor of Chemistry. He must (be-have been-have-had been) very clever at school.
- 5-He (must have-can't have-might-can) have missed his train. He's usually late.
- 6-His watch (must-might-can-can't) have cost a lot of money. It's made of plastic.
- 7-It (can't have-will have-must have-didn't have) been very windy during the night. There are branches all over the ground.
- 8-Tunnelling under the Nile (must have-may have-can't have-might have) been easy. I'm sure it was difficult.
- 9-My father (didn't have-won't have-shall have-must have) walked to work this morning. His car is still in the garage.
- 10-He can't walk. He (must-mustn't-shouldn't-won't) be ill.
- 11-He spends so much money. He (can't-shouldn't-must-won't) be rich.
- 12-You (can't have-must have-should have-will have) finished that book already. You bought it only yesterday and it is very long.
- 13-He (can't -mustn't -must -should) have been injured. There was blood on his face.
- 14-The streets are wet. It (must rain-can't rain-must have rained-should have rained) last night.
- 15-I can't find the theatre tickets. They (must have fallen-can't have fallen-had to fall-mustn't have fallen) out of my pocket.
16. You are diabetic. Yoube careful about your health.
a- must b-can't c- should d- mustn't
- 17.Why don't you want any cake? You eaten that much at dinner
a) must not b) cannot c) mustn't have d) can't have
- 18-She isn't late for school so shehurry.
a-didn't have b-don't need to c-shouldn't d-can't
- 19.Climbing Mount Everest very difficult. The oxygen is very thin at the top.
a) can't be b) must be c) mustn't be d) must have been
- 20-If you had studied more, you passed the exam.

- a) must have b) can't have c) might have d) mightn't have
 21-You can't have the toast because the toaster has a timer.
 a) burnt b) burning c) been burnt d) burns
 22-Those shoes are gorgeous! They cheap.
 a) can't have been b) can't have c) mustn't have d) mustn't been
 23-Souad remembered our phone number because she called us today.
 a) must have b) can't have c) mustn't have d) might have
 24-He is never usually late; hemissed his train.
 a- must have b-can't have c-might have d- may have
 25- There wasn't an tea in the cup . Mr El Sebaeidrunk.
 a) must have b) can't have c) mustn't have d) might have
 26- He is very ill today. He.....slept early yesterday. He stayed up a lot
 a) must have b) can't have c) mustn't have d) shoulg have
 27. Alicheated in the exam. The teacher punished him.
 a) can't have been b) can't have c) mustn't have d) shouldn't have
 28-Dinahave been at school yesterday .The list of the absent included her name.
 a- must b-can't c- needn't d- mustn't
 29-We don't know when earthquakes happen .Theypredicted.
 a- were b- can't be c- have been d- had been
 30. Youstudy well to get high mraks.
 a- must b-can't c- should d- mustn't
 31-His bad exam resultshave frustrated his poor parents.
 a- must b- should c- can't d- needn't
 32-Theymad, the solution they gave is very reasonable.
 a- must be b- can't be c- may be d- would be
 33-Shefoolish. She says she believes in magic.
 a- can't be b- may be c- must have been d- must be
 34-We.... read a summary of a book before watching its film. Doing that will spoil it.
 a-had to b-shouldn't c-doesn't have to d-might
 35-Youpark there. It's a good place.
 a-had to b-should c-has to d-have to
 36-You couldn't have (do -done – doing – did) any more than you did. That was your best.
 37-You look very tired. I think you should gone to bed earlier last night.
 a) have b) to have c) having d) has
 38. You look very tired. I think you should (go-have gone-be going-went) to bed earlier last night.
 39.You shouldn't (have watched-watches-watch-watching-be watching) TV so late last night!
 40.I came by bus, but I (must have come-could have come-should come-can come) by taxi.
 41.Maher suggests I (will have-should have-has-having) a break every one hour.
 42. When you are worried about things, it is best to concentrate on the things you (can-might-could-have) control over.
 43. Before you start studying you (need-should-ought-couldn't) make a study plan
 44.I'm sorry! I have come on time.

a-may b-might c-must d-ought to

45. I traveled by train, but I by car.

a) might have travelled b) could travel c) could have travelled d) can travel

46. The driverdriven his cars without the licence. He will pay a huge sum of money as a fine.

a) might have b) should have c) could have d) shouldn't have

47- It's a good idea to drink a lot of water. You.....drink it regularly.

a-may b-might c-must d-ought to

48. I so much chocolate! I feel sick!

a) should eat b) shouldn't have eaten c) couldn't have eaten d) will have eaten

49-I cannot find my eyeglasses. Ihave left them at home.

a- must b- can't c- may d- might

50-I don't know where my school bag is, mum.It isn't here. You ...have left it on the train.

a- might b- can't c- would d- can't have

51-I rang you this morning, but you didn't answer. Sorry , Ihave been asleep.

a- would b- will c- can't d- must

52-He has only been in the lab for ten minutes. Hehave finished his experiment.

a- wouldn't b- must c- can't d- won't

53. You put your coat on the floor. Now it's dirty!

a) ought to b) mightn't have c) mustn't have d) shouldn't have

54-Everyone is putting their umbrellas up , itstarted raining.

a- can't have b- must have c-would have d- have

55-Ola took her driving test yesterday. She looks unhappy. She.... ..failed.

a- can't have b- will have c- would have d- must have

56-He told me the homework was on page 41, but there isn't page 41, he..have been mistaken.

a- can't b- must c- may d- might

57. The car broke down again; it repaired well yesterday.

a can have been b can't have c mustn't have been d should have been

58. The composition is full of mistakes. You it well.

a needn't have checked **b must have checked**

c should have checked **d had to check**

59. Look, it's raining! I..... have brought an umbrella.

a) should b) can't c) must d) shouldn't

60. You..... rude to him. He's going to be really angry now.

a) can't be b) should have been c) shouldn't have been d) can't have been

61. The boys have made so much noise in the library.

a) ought b) shouldn't c) ought not d) must not

62. Sami is feeling ill. I think he..... to see a doctor.

a) should b) ought c) must d) can

(اسئلة عامه علي القواعد)

1. Poor Hany go to hospital yesterday after he hurt his hand.
a) must b) has to c) had to d) needn't
2. We didn't have a test today so I revised for it last night!
a) needn't b) didn't have to c) mustn't d) needn't have
3. When you go to Alexandria, you visit the library. It's amazing !
a) have b) must c) will d) need
4. The sign in the park says that people walk on the grass.
a) needn't b) might not c) should d) mustn't
5. You wash the car. The man at the garage will wash it tomorrow.
a) mustn't b) can't c) might not d) needn't
6. I remember to email my cousin today. It's his birthday.
a) mustn't b) needn't c) must d) ought to
7. I'll give you a lift, so you walk to the station.
a) must b) had to c) don't have to d) mustn't
8. you make that noise? It is really annoying.
a) Can b) Could c) Must d) Might
9. You wear heavy clothes. It is very cold outside.
a) needn't b) mustn't c) have to d) might
10. He go to school yesterday. It was a holiday.
a) needn't b) won't c) didn't have to d) may not
11. There's a traffic jam on 6th of October Bridge. We take another road.
a) will have to b) mustn't c) had to d) needn't
12. In winter, you use the air conditioner to cool the room.
a) don't need to b) mustn't c) didn't have to d) don't have
13. I study hard for my final geography exam. I want to get a good grade.
a) must b) had to c) have to d) need to
14. There are always children near the school, so you drive very carefully.
a) can b) must c) mustn't d) need
15. We forget that tourism is very important for Egypt.
a) must b) needn't to c) mustn't d) should
16. I get up very early on school days.
a) have to b) need c) don't have to d) mustn't
17. I phone my friend this evening. I promised him I would.
a) have to b) must c) needn't d) need
18. My children study ancient history at school next year.
a) will have to b) doesn't have to c) has to d) must to
19. We be back in Cairo on Friday in time to catch our flight.
a) don't have to b) have to c) ought d) need
20. You come and stay with us in our farm sometime.
a) must b) ought c) should have d) could have
21. I hate get up early in the morning.
a) should b) might c) having to d) must

22. I go to work yesterday. It was a national holiday.

- a) didn't have to b) had to c) might d) needn't

23. You purchased a new camera. You already have a good one.

- a) should have b) could c) needn't have d) must have

24. You bite your nails. It's a bad habit.

- a) may not b) mustn't c) can d) ought

25. You look ill today. You see a doctor.

- a) may b) might c) can d) ought to

26. The book is optional. We read it if we don't want to.

- a) have to b) must c) mustn't d) don't have to

27. You be rich to be a success. Some of the most successful people didn't have a pound.

- a) needn't b) needn't have c) must d) had to

28. You take along some cash. The restaurant may not accept credit cards.

- a) mustn't b) have to c) has to d) needn't

29. You forget to pay the rent tomorrow. The landlord is very strict about paying on time.

- a) need to b) can c) must d) mustn't

30. My sister made a cake. You try it. It's lovely!

- a) need b) needn't c) must d) have to

31. We can walk to the bookshop if you want, but we The bus goes there.

- a) needn't to b) doesn't have to c) don't have to d) need to

32. You run next to the swimming pool. You might fall over.

- a) mustn't b) must c) should d) can

33. We run to the museum because it was already closed when we got there.

- a) needn't have b) didn't have to c) have to d) had to

34. Poor Walid broke his leg yesterday and to hospital.

- a) has to b) must go c) needn't have gone d) had to go

35. We pass our exams to get into university.

- a) must b) has to c) needn't d) needn't

36. They leave the school yesterday after they heard the fire bell.

- a) have to b) had to c) has to d) need to

37. I stop eating sweets! They are bad for me.

- a) have to b) could c) can d) has to

38. Tarek get the bus to the park. My father can take him in our car.

- a) don't have to b) has to c) doesn't have to d) doesn't need

39. The students written all those notes. All the information is typed for them.

- a) didn't have to b) needn't have c) has to d) didn't need to

40. At an airport, you show your passport before you can leave the country.

- a) has to b) doesn't have to c) don't have to d) have to

41. Teachers wear suits for work, but their clothes must be neat and clean.

- a) have to b) don't have to c) doesn't have to d) has to

42. Students use their mobile phones during the lessons.

- a) mustn't b) must c) have to d) has to

43. You arrive on time for lessons. It's important not to be late.

- a) have to b) had to c) don't have to d) could

44. You buy a course book, your teacher will give you one.

- 68- He has left his car over there. He.....that. There is a "No waiting" sign.
a) should have done b) shouldn't do c) shouldn't have done d) mustn't do
- 69- He.....drink the milk. It's sour.
a) has to b) doesn't have to c) needn't d) mustn't
- 70- I didn't know there was a meeting today. You.....me.
a) should have told b) should tell
c) had to tell d) needn't have told
- 71- It is desirable to get up early. You.....get up early.
a) must b) should c) may d) will
- 72- You look ill today. You.....see a doctor.
a) may b) might c) should d) ought
- 73- I don't know why you apologized to him.
You.....to him.
a) mustn't apologize b) don't have to apologize
c) shouldn't apologize d) needn't have apologized
- 74 - A) Shall I post the letter now?
B) No, Youpost the letter now. You can post it tomorrow.
a) don't need to b) mustn't c) must d) have to
- 75- He.....go to school yesterday. It was a holiday.
a) needn't b) won't c) didn't have to d) may not
- 76- He sounded the horn so many times;
he.....have done that.
a) oughtn't b) shouldn't c) mustn't d) couldn't
- 77- She added some salt to the salad but she....any as it became too salty.
a) needn't add b) has to add c) mustn't add d) needn't have added
- 78- I.....accept his offer if I were you.
a) should b) shall c) ought d) must
- 79- Helal didn't go to the doctor's yesterday although he.....have gone.
a) must b) ought to c) needn't d) shouldn't
- 80- You.....smoke in petrol stations.
a) shouldn't b) needn't c) mustn't d) oughtn't
- 81- They went to Aswan by plane but they.....have gone by train.
a) shall b) needn't c) must d) could
- 82- I stayed at home yesterday although I.....have gone to the cinema.
a) could b) must c) shall d) can
- 83- I advise you to come. You.....come.
a) will b) have to c) should d) can
- 84- You.....fasten your seat belt or you'll be fined.
a) should b) may c) can d) have to
- 85- It's a good idea, youstudy English well.
a) shall b) should c) will d) would
- 86- It's getting dark. I.....go now .
a) have to b) had to c) ought d) should have
- 87- Swimming is not allowed here. You.....swim here.
a) needn't b) shouldn't c) mustn't d) don't
- 88- Can I talk to you, please? Sorry, I.....go now. I'm late for a meeting.
a) mustn't b) has to c) need d) must
- 89- Sony Mum. I've broken a plate. You.....be more careful.

